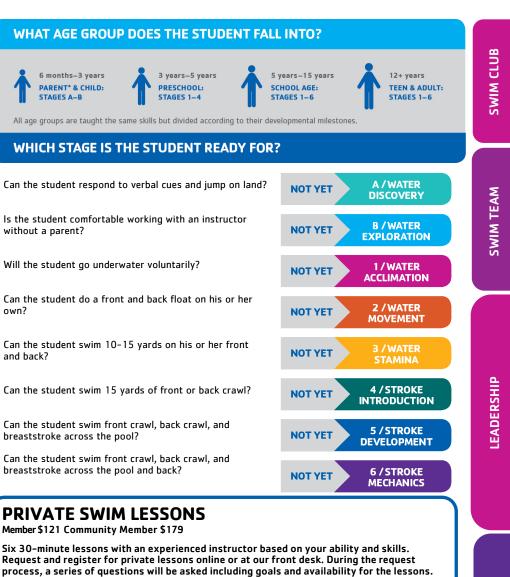
COPPLE FAMILY YMCA 2023 FALL AQUATICS

SELECT THE RIGHT LEVEL FOR YOUR SWIMMER

PATHWAYS Specialized tracks



A member of our team will contact you in 10-14 business days to confirm details.

FRIENDS & FAMILY SWIM LESSONS

Member \$63 Community Member \$84

Need a bit more than 1-on-1? Try our Friends & Family lessons. You choose who you'd like to be included in your lesson with up to 4 participants. You'll receive six 30-minute lessons. You can choose the swimmers in your group (friends, classmates, family, etc.)

All swimmers should have similar abilities: Swim Basics/Level 1-3 or Swim Strokes/Level 4-6 Lessons can start whenever you are ready! Choose time and day that work for you. A member of our team will contact you in 10-14 business days to confirm details.



STINGRAYS SWIM CLUB Ages 6-15

AQUATIC LEADERS CLUB Ages 12-15 Each class meeting is 40 minutes in length.

and the season runs from June through July.

The aim of this club is to prepare middle school aged students ages 12-15 to participate in a lifeguard or a swim instructor certification program as well as gain job readiness skills. The program will help participants build endurance in swimming as well as gain knowledge about the aquatic environment in order to aide or work in a YMCA aquatics program.

JR LIFEGUARD CAMP Ages 12-14

This camp is to prepare participants for a future job as a lifeguard. This program will help build swimming endurance as well as gain knowledge in aquatic safety and rescue skills.

PRE-COURSE CONDITIONING Ages 14-18 Each class meeting is 40 minutes in length.

This class is to set potential lifequards up for

success in the certification class.

- CERTIFICATION Swimmers will learn or refine freestyle and
 - breaststroke techniques, treading water and surface dives.

LIFEGUARD CERTIFICATION Ages 15-Adult The YMCA of Lincoln offers full certifications and recertification for current lifeguards. See our Red Cross Certifications brochure or our website for registration information.

Refund/Credit Policy

A requested refund 3 business days prior to the start day of any activity/ class will be issued at 100% credit. A requested refund after this time period will not be issued for any reason, including but not limited to vacation, illness, injury, other activities, etc.

Make-Up Classes

It is the policy of the YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA including but not limited to vacation, illness, injury, other activities, etc.

Is the student comfortable working with an instructor without a parent?

Will the student go underwater voluntarily?

Can the student do a front and back float on his or her own?

Can the student swim 10-15 yards on his or her front and back?

Can the student swim 15 yards of front or back crawl?

Can the student swim front crawl, back crawl, and breaststroke across the pool?

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

PRIVATE SWIM LESSONS

Member \$121 Community Member \$179

SWIM LESSONS AT THE COPPLE FAMILY YMCA

SESSION DATES:				Y MEMBER REGISTRATION:				COMMUNITY MEMBER:			
September 11 – October 15 October 16 – November 19			Augus	August 29 October 3				August 31 October 5			
STINGRAYS: Twice a week f	or 5 we	eks		GRO	UP LESS	ONS: Ond	e a wee	k for 5 w	eeks		
Y Member: \$63	Community Member: \$12			25 Y Member:\$32				Community Member: \$64			
		Tuesday 5 classes			Wednesday 5 classes			Saturday 5 classes			
CLASS		4:30pm	5:15pm	6:00pm	4:30pm	5:15pm	6:00pm	8:30am	9:15am	10:00am	
PARENT WITH CHILD											
A/Water Discovery (6m-2)		x	x		x	x		×	x		
B/Water Exploration (2–4)		x	x		x	x		x	x		
Turtle (5-12)				x							
PRESCHOOL Ages 3-5											
1/Water Acclimation			x	X	x	X		x			
2/Water Movement		x	x		x		x	×	x		
3/Water Stamina		x		x	x	x				x	
4/Stroke Introduction			x				х			x	
SCHOOL AGE Ages 5-15											
1/Water Acclimation		x				x		x			
2/Water Movement				x	x				x	x	
3/Water Stamina		x	x	x		x	x		x	x	
4/Stroke Introduction			x				x	x			
5/Stroke Development		×			x				x	x	
6/Stroke Mechanics					x				x		
ADULT Ages 16yrs and up											
1/Water Movement										x	
2/Stroke Development										x	
			SPECIA	LIZED PATH	WAYS						
		Stingrays Sw	im Club Ages	(Ages 6-15)	Tues & We	d 5:15-6:15	;				

*Class times are subject to change. A minimum number of participants must be met to hold the class. <u>SWIM LESSON REMINDERS</u>

- Please bring your own towel and goggles! The Y will not have these items available for use.
- Chairs and benches will be available for seating and spectating in the hallway outside of the indoor pool windows.
- Community member participants will be asked to sign in at the front desk upon entry into the facility.

Questions, comments or concerns? Contact (531) 289-7863 cbentle@ymcalincoln.org